

Are you ready to quit using tobacco?

2020 Tobacco Quitting Info Sessions **Come learn what's available in Nebraska and locally** **to help you quit.**

You'll also find out about two tobacco quitting programs:
Beat the Pack™ & Freedom from Smoking

It's here. It's free.

It can help you quit using tobacco. (chew & cigarettes)

Learn more about the health benefits of quitting.

Choose One 45-minute Session on the first Thursday of each month
At Four Corners Health Department 2101 N Lincoln Ave in York, NE:

February 5	12 Noon
March 5	5:15pm
April 2	12 Noon
May 7	5:15 pm
June 4	12 Noon
July 2	5:15 pm
August 6	12 Noon
September 3	5:15 pm
October 1	12 Noon
November 5	5:15 pm
December 3	12 Noon

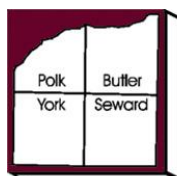
Registration requested.

For locations and to register, please contact:

Four Corners Health Department

402-362-2621 or 877-337-3573

angeld@fourcorners.ne.gov



Four Corners
Health Department



Public Health
Prevent. Promote. Protect.